

BEEF

IT'S WHAT'S FOR DINNER

Facts on Fat

A common misperception is that the majority of the fatty acids in beef are saturated. In fact, all fats come in a fatty acid package containing various amounts of saturated fat, monounsaturated fat and polyunsaturated fat.

Chicken

.42 grams of stearic acid
1.32 grams of other saturated fat
2.26 grams mono fat
1.44 grams poly fat
Total fatty acids: 5.43 grams

Beef

1.05 grams of stearic acid
2.18 grams of other saturated fat
3.54 grams mono fat
.29 grams poly fat
Total fatty acids: 7.05 grams

Based on USDA data using the beef composite of trimmed retail cuts, separable lean only, 1/4" trim, all grades, cooked, and chicken, broilers or fryers, meat only, roasted.

Total fatty acids include saturated fat, monounsaturated fat and polyunsaturated fat. Total fatty acids do not equal the total fat value because the fat value may include some non-fatty acid material, such as, glycerol, phospholipids and sterols.

US Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15. Nutrient Data Laboratory homepage: www.nal.usda.gov/fnic/foodcomp.

Types of Fat

Monounsaturated Fat

Half of the fatty acids in lean beef are monounsaturated, the same type found in olive oil.

Stearic Acid

About 1/3 of beef's total saturated fat is stearic acid, which has been shown to have a neutral effect on blood cholesterol levels in humans.

Other Saturated Fat

The amount of fatty acids that can potentially raise blood cholesterol levels is comparable in lean beef, fish and chicken.

Polyunsaturated Fat

Polyunsaturated fats, found mainly in vegetable oils such as safflower, sunflower, corn, flaxseed and canola oils, are necessary for cell structure and making hormones.